



BEAUTY

The FRIEL GOOD FACTOR

One-time soap star Anna Friel is now famous on both sides of the pond for her leading roles. The classic English rose comes clean about her organic beauty routine and scrupulous skincare



Lapping up success on both sides of the Atlantic, stage and screen star Anna Friel epitomises the best of British. Following her acclaimed performance on the London stage in *Uncle Vanya*, she is now filming highly anticipated TV pilot *Vatican* with Ridley Scott, and stars alongside Steve Coogan in movie *The Look of Love*.

Here the 36-year-old actress and mother of one – her daughter Gracie is nearly eight – shares her natural approach to looking good, and reveals her surprising skincare essential.

You recently became an ambassador for Trilogy skincare, which uses natural, sustainable ingredients. Was that the appeal for you?

“Of course, in this day and age we are aware that natural is best, and I’m a massive fan of organic and natural skincare, but not if it compromises on

the performance of the product. Let’s be honest: we all want things to work.”

How did you discover the brand?

“A make-up artist I was working with in LA introduced me to Trilogy Rosehip Oil. She was laughing at how many products I was carrying around in my bag and she said: ‘Get rid of those and try this oil instead as it does everything.’ So I did and it was great. Then when it ran out I got in touch with Trilogy because I didn’t think I could get it in the US, as it’s from New Zealand, and they asked me to be their face.”

How would you describe your skin?

“Often really dehydrated as I fly and I have to wear a lot of thick make-up on stage or on set. But when I started combining the Rosehip Oil

with Trilogy’s CoQ10 Booster Serum and Everything Balm I saw a difference in my skin within three weeks. Then I used them on my daughter Gracie’s skin and I knew I could work with them because I trusted them.”

Do you stick to a skincare routine?

“I actually believe in mixing up products to give your skin a shock. But I also believe you need to give products time to show real results.”

What’s your ultimate skincare secret?

“Honestly? A good flannel. I love the way it gets your skin really clean. They really exfoliate your skin and I don’t feel clean without using one.”

Any other tips for maintaining that glow?

“I love facials but I like to keep things as



natural as possible. I've been having Cryo Derm facials at Rani Mirza's [London] salon. It's a radiofrequency treatment that firms and cools the skin, and I've really noticed a difference."

Do you prefer natural haircare products, too?

"Yes. My hair is quite damaged, dry and frizzy and won't grow past a certain length – it just stops – so I like lots of conditioner and masks. I really like Tara Smith's products and I've known her for years. Although I found my first grey hairs recently and I wasn't happy."

You have property in LA. But where is home now?

"At the moment, Windsor is, as it's where Gracie goes to school. So my house in LA is rented out. I also need to be close to Paris where Gracie's father [Anna's former partner, actor David

Thewlis] lives. But I'm currently working in Rome on *Vatican*, the Ridley Scott series from the same company that makes *Homeland*. I play the main character's sister, a wayward New York party girl whose brother is the Archbishop of New York."

Does London still dictate your style?

"Definitely, but I do adapt to wherever I am. I love LA weather and we've had the worst winter here. But then I love that London, dishevelled, whatever-goes street style too."

Are you under pressure to look a certain way?

"Of course. The pressure to be perfectly groomed is so great in Hollywood. But then it's not as expensive to have a manicure and pedicure there. And there's a lot more skin on show in LA than in London."

You are in the same shape now as you were when you were a teenager. How do you maintain it?

"Pilates, which I have to say has changed my body a lot. I've always been skinny but never strong; then I played Jean Raymond in *The Look of Love* and she was a choreographer so I learnt ballet. I had a private tutor come to my house and we used the fireplace as a barre."

Do you also have to watch what you eat?

"I hardly ever eat sugar. My brother Michael is a doctor and he's warned me that it's not fats we should be avoiding but sugar, so I avoid it at all costs. I also do the Master Cleanse – the lemon juice, cayenne, maple syrup drink – as a detox every few months. I've just finished one and, you know, I didn't crave pasta or bread but tomatoes and avocado. So it's just a question of changing your palette."

Are you a big juicing fan, too?

"Well, not juicing exactly, but I do make my own shakes. Every day I whizz up a teaspoon of coconut oil, frozen berries, two raw carrots, five small broccoli florets, walnuts and flaxseeds, topped up with fresh cherry juice. I also make huge pots of vegetable soups using Heston's chicken stock as a base. That way I can ensure Gracie and I have a healthy meal if we need to, quickly and easily. I'm determined to train her really young, so she thinks of dried fruits and berries as sweets."

You seem quite passionate about clean living...

"Yes, I used to be quite arrogant when I first moved to LA and saw all these people exercising and eating healthily. Because I didn't need to lose weight I just didn't get it. But then I started to educate myself and now I do it for health, for energy, to feel good. I'm less grumpy, even my eyes are more sparkly."

What makes you happiest?

"Watching Gracie's home movies. I won't allow her a phone but she has an iPod Touch and she creates her own movies. We definitely have an actress on our hands. I think she inherited it from me and her dad." ❏



KEEPING IT FRIEL: ANNA'S FAVOURITE BEAUTY BUYS

1. **Tara Smith Working Curls Conditioner**, £10, from Marks & Spencer 2. **Giorgio Armani Gloss d'Armani in 100, 102 (pictured) and 103**, £23.50 each 3. **Trilogy CoQ10 Booster Serum**, £29.50 4. **Trilogy Everything Balm**, £20.50 5. **Trilogy Rosehip Oil Antioxidant +**, £26.50, from John Lewis or visit trilogyproducts.com 6. **Le Labo Patchouli 24**, £138, from Liberty, or visit storeuk.lalobofragrances.com: "I've been wearing this for years. It's strong, but people always ask what I'm wearing. It's quite masculine, musky and sexy, which I love" 7. **SUQQU Eyebrow Liquid Pen in Brown**, £20, from Selfridges: "This helps me create any shaped brow"